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FOODS ESTIMATED TO BE THE BEST SOURCES OF VITAMINS

+++indicates excellent or best source of vitamin.
++indicates vitamin present in larger than average amounts.
+indicates vitamin is present.

(Values are based on experimental tests made by scientists on animals and humans. The subject of vitamin research is still under active investigation. Undoubtedly further qualities will be attributed to them.)

VITAMIN A

called, "anti-ophthalmic" (so called because of its connection with curing an eye disease, xerophthalmia)

Sources of A

Cod liver oil +++
Butter +++
Cream +++
Milk, whole +++
" condensed +++
" evaporated +++
" dried +++
Egg yolk +++
Spinach, fresh or canned +++
Beef liver +++
Carrots, cooked or raw +++
Thin, green-leaved vegetables ++
Germs of seeds ++
Liver ++
Kidney ++
Cheese ++
Tomato ++
String beans ++
Raw cabbage ++
Fresh peas ++
Sweet potato ++
Squash ++
Pineapple, raw or canned ++
Peaches, raw or canned ++
Muskmelon ++
Prunes ++
Buttermilk +
Almonds +
Coconut +
Peanuts +
Beans +
Cauliflower +
Potato +
Apples +
Oranges +
Beets +
Barley (whole) +
Yellow corn +
Grapefruit +
Corn, canned +
Egg plant +
Pumpkin +
Oats +
Wheat bran +
Brains +
Heart +
Fish roe +

Results of Lack of A

Conjunctivitis or inflammation of the eyelids, a disease which leads to blindness if neglected
Stunted growth
Low resistance to infection of eyes, ears, sinus, lungs
Affects reproduction
Probably affects length of life

Fortunately the body is able to store a surplus of A vitamin. Its function seems to be to increase zest or stamina, enhance health, prolong life and ability to resist disease.

Vitamin A loses its power gradually on exposure to air and high heat. It loses little at ordinary cooking temperatures.

VITAMIN B

called, "anti-neuritic" (because its discovery was connected with the cure of a nerve disease. It is now thought to consist of several essential substances)

Sources of B

Whole grain cereals +++
Tomatoes +++
Beans, kidney and navy +++
Raw cabbage +++
Spinach, fresh +++
Yeast products ++
Cream ++
Fruits ++
Potatoes, sweet and white ++
Nuts ++
Liver ++
Coconut ++
Kidney ++
Brains ++
Fish roe ++
Egg yolk ++
Grapefruit ++
Muskmelon ++
Prunes ++
Pineapple ++
Lettuce ++
Cauliflower ++
Carrots ++
Corn, canned ++
Fresh lean meat ++
Pancreas (sweet breads) +
Heart +
Practically all vegetables +
Milk varies with diet of cows

English scientists designate fractions of Vitamin B as B_1, B_2, etc. Here they are called F and G. Too little is yet known to list their relative values

Results of Lack of B

Loss of appetite
Indigestion
Stunted growth
Nervousness
Beriberi (in man)
Polyneuritis (in animals)
Constipation
Affects reproduction and ability to nurse young

Vitamin B is essential to normal health at all ages. A surplus may be stored but not to any great extent.

Vitamin B is not affected by ordinary cooking or drying. But the addition of soda during cooking rapidly destroys it. It dissolves readily in water and hence is lost if cooking water is discarded.

VITAMIN C

called, "anti-scorbutic" (first known as a cure for scurvy)

Sources of C

Tomatoes +++
Lettuce +++
Raw cabbage +++
Spinach, fresh or canned +++
Fresh peas +++
Oranges, and other citrous fruits +++
Raspberries ++
Potatoes, white and sweet ++
Yellow turnips ++
Peaches ++
Apples ++
Milk and cream vary with diet of cow
Onions ++
Pineapple ++
Beets +
Carrots +
Liver +
Pumpkin +
Cauliflower +

No one is likely to run short of this vitamin except on a very limited dietary. When symptoms are present its intake should be insured.

Results of Lack of C

Scurvy
sore mouth
stiff joints
Teeth defects
Reduced state of health
Fleeting pains
Irritability
Lack of stamina
Retarded growth

Vitamin C is very easily destroyed by cooking, drying and canning except in the presence of acids.

VITAMIN D

called, "anti-rachitic" (so called because it protects from the disease, rickets)

Sources of D

Cod liver oil +++
Egg yolk +
Butter +
Milk varies

A similar factor can be produced in foods by irradiating them with ultra violet light, or by incorporating irradiated materials in food products. Humans can get the same effect by tanning or by sun baths. The exact amount needed is still unknown.

Results of Lack of D

Rickets
soft bones
poor teeth
bony deformities
Impaired lungs

Various irradiated substances of high Vitamin D potency are produced under different trade names. These do not completely replace cod liver oil and should be used only under medical advice.

Vitamin D is not readily affected by heat, etc.

VITAMIN E Confers fertility (tested on rats). Found in greatest abundance in the oil of wheat germ, seeds, green leaves generally, beef liver, and egg yolk. In animal tissues there is very little and the amount in milk varies widely. It is not affected by heat, and is not likely to be lacking in a varied diet. We have no clinical evidence of its lack yet.

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NEW YORK STATE DEPARTMENT OF HEALTH
THOMAS PARRAN, JR., M. D.
Commissioner
Nutrition Service
DIVISION OF MATERNITY, INFANCY AND CHILD HYGIENE

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QUESTIONS AND ANSWERS ABOUT VITAMINS

WHAT ARE VITAMINS?

"Minute quantities of substances which are to the human machine what the ignition spark is to the automobile." We know what they DO, but we do not yet know exactly what they are.

WHAT DO VITAMINS DO?

Under ordinary conditions they promote growth, maintain body tone and vigor, protect the body against infection, affect successful reproduction, possibly increase length of life, assist the body to function properly and to get the full benefit of other food constituents. Specific starvation of any vitamin produces a characteristic disease.

WILL VITAMINS INSURE HEALTH?

Not necessarily. We recognize that while the selection of proper food has a profound effect under average and ordinary conditions, we should bear in mind that not all illness is of dietary origin and hence can not be expected to succumb to food.

WHAT FOODS ARE RICHEST IN VITAMINS?

Dairy products, cod liver oil, eggs, vegetables, especially leafy vegetables and fruits, glandular organs such as liver.

WHAT FOODS ARE POOREST IN VITAMINS?

Cereals, deprived of their outer coating (white flour, white rice, etc.).
Muscle tissues of ordinary meats.
Sweets.

WHY IS IT UNNECESSARY TO SEEK VITAMINS IN ARTIFICIALLY PREPARED FORMS?

Because vitamins are most economically available through the proper selection of natural foods and tanning.

DOES COOKING IMPAIR VITAMINS?

It may. Vegetables should be cooked as quickly as possible with the least loss of juices. Cooking with alkali (soda) injures some vitamins.

ARE VITAMINS LOST WHEN JUICES COOK OUT OF VEGETABLES?

Yes. Vegetable juices should no more be thrown away than should the juices which cook out of meat or fruits. No more water should be used in cooking vegetables than is necessary to prevent sticking.

HOW CAN WE BE SURE OF GETTING ENOUGH OF SUCH VITAMINS AS MAY BE DESTROYED OR INJURED BY HEAT?

Eat regularly some fresh raw fruits and vegetables. Salads frequently furnish this. The juice of raw cabbage and raw grated carrots will help to protect young children over a long period such as the winter months.

DO VITAMINS HAVE ANY INFLUENCE ON THE FORMATION OF BONES AND TEETH?

Yes. Only when sufficient Vitamins A, B, C, and D are present does the body seem able to make use of the materials of which bones and teeth are made.

DOES THE BODY STORE VITAMINS?

Not to any great extent, except that the liver, the lungs, and other internal organs appear to be especially adapted to the storage of some vitamins. We must depend largely on a continual supply of most of them in food.

DO WE MAKE OUR OWN VITAMINS FROM FOOD?

It is more likely that they are only transferred from foods.